An Introduction to

HEALTH FOODS & DRINKS

Health is Nature's Reward
for the Right Choice of Foods

PUBLISHED BY

ORZONE (IRELAND) LIMITED

10/12 North St. & 9 Rosemary St. Belfast

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and its Associated Companies
ORZONE WALES LTD., ORZONE SCOTLAND LTD.,
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Malted Slippery Elm

BABY FOOD

For Babies and Invalids.

1/- per tin 2/-

CHERRY'S SLUMBER TEA

REGD.

CURES CONSTIPATION.

A Most Reliable Remedy for all Stomach Derangements, Biliousness, Sick Headaches, Rheumatism, etc.

Prevent the development of more serious ailments by taking CHERRY'S SLUMBER TEA, and thereby enable the Stomach, Liver and Kidneys to do their work naturally. Hundreds of testimonials from England, Ireland, Scotland and Wales.

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Barkoff Cough Cure

For Coughs, Colds, Asthma and Bronchitis.

1/3 and 3/- per bottle.

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Manufacturing Chemists,

SHIPLEY, Yorks.

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An Introduction to

HEALTH FOODS AND DRINKS

Published by

ORZONE (Ireland) Ltd.,

Health Food Specialists and Medical Herbalists,

10/12 NORTH STREET,

AND

7/9 ROSEMARY STREET,

BELFAST.

also at

59 BOW STREET - LISBURN
23 MANDEVILLE STREET, PORTADOWN
34 HIGH STREET - - LURGAN
3 BRIDGE STREET - BALLYMENA

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OUR HERBAL DEPARTMENT

Mr. Alexander Walker, M.N.A., M.H., is fully qualified in all Medical Herbalism and with 25 years' experience is adequately equipped to deal with chronic ailments of every description. Our Belfast Herbal Department is under his efficient control and free Consultations may be obtained during the following hours of attendance :

9 a.m. till 1-30 p.m.
3 p.m. till 6-30 p.m.
Wed. 9-30 a.m. till 1 p.m. only.
Sat. 9-30 a.m. till 1-30 p.m.
3 till 6-30 p.m. 7 till 9-30 p.m.
Fri. 9-30 a.m. till 6-30 p.m.

With over 30 years practising in Medical Herbalism, Mr. W. T. Hewitt, M.N.A., M.H., gives the benefit of his wide experience at our Provincial Branches. His diagnosis and prescriptions are almost 100% successful. Free consultations can be obtained at the following addresses and times :

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ORZONE (IRELAND) LTD.

IMPORTANT

Hundreds of different varieties of Health Foods and Drinks are stocked in all Branches. No stale, months-old Foods or Drinks are ever offered for sale, because with so many Branches and orders continuously passing through, it is impossible for stocks to accumulate. Patrons are assured that all goods are in perfect condition of freshness.

All Medicines prescribed are composed entirely of Nature's own non-poisonous herbs and dispensed by Qualified Dispensers with the utmost degree of scientific accuracy.

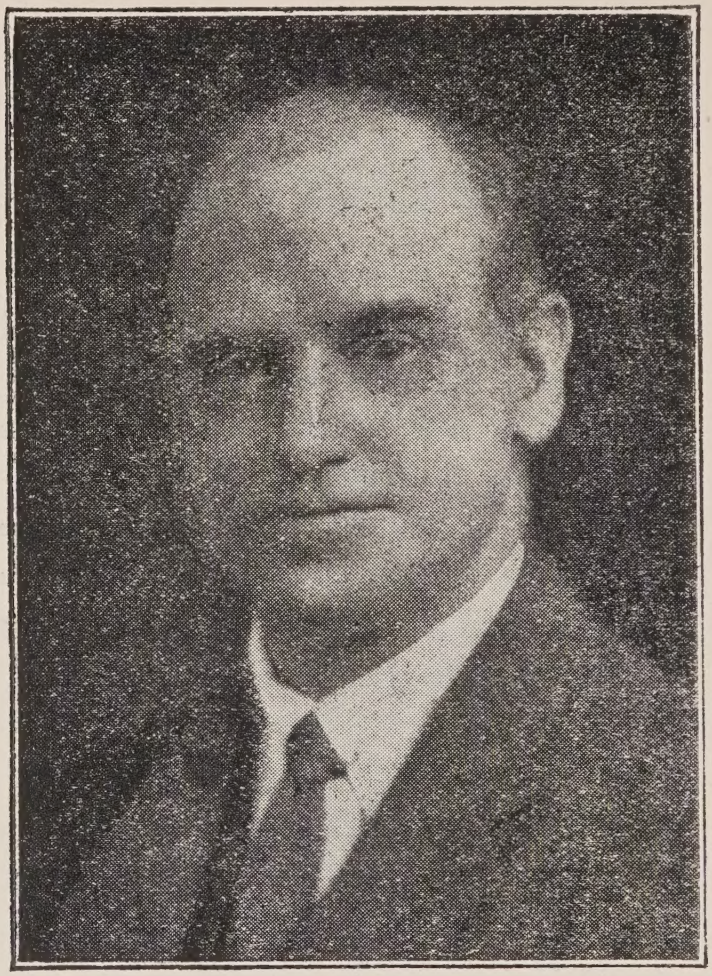
TERMS

Cheques and Postal Orders should be made payable to Orzone (Ireland) Ltd., and crossed for payment through a Bank. Money sent in excess of value of goods plus carriage, will be returned or credited, as desired.

CARRIAGE

One Shilling extra should be sent with all orders to cover part carriage. A discount of 5% is allowed on orders of £1 and over towards carriage, the difference in excess of postage, being returned.

10/12 North Street, Belfast.



MR. GILBERT ORR,

Founder and Principal of Orzone (Ireland) Ltd., and Associated Companies.

Mr. Orr is an enthusiast in Food Reform and Medical Herbalism. To his efforts in this direction many thousands owe their good health and escapes from the surgeon's knife.

In France too, the value of his work has been recognised and Mr. Orr has had the honour of receiving Les Palmes Academiques from the French Government.

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Dried Fruits.

The food value of dried fruits consists in their abundance of natural organic sugar. They are superior to bread in nourishment, besides supplying the necessary alkaline elements which are lacking in the cereals.

Dried fruits are best prepared by soaking them overnight in soft or distilled water, and then gently warming them before use. If overheated or boiled, much of the natural flavour will be lost. The water in which the fruit has been soaked makes a delicious fruit drink, especially if flavoured with lemon juice.

Camel Figs (cellophane wrapped) .. per pkt., **5½d.** and **10½d.**

„ **Dates** ..... per box, **4d.** and **7½d.**

„ **Fruit Salad** ..... per packet, **6½d.**

Dromedary Golden Dates ..... per carton, **6½d.**

Orzone Specially Selected Seedless Raisins. Sundried seedless grapes from sunny California .... per lb., **8d.**

Sunmaid Raisins ..... 16-oz. packet, **8½d.**

Muscat Seedless ..... 16-oz. packet, **10d.**

Prunes. Can be soaked in a little water overnight and eaten without cooking.

Libby's Prunes ..... per lb., **9d.**

Muscatels. Large, fleshy, sun-dried grapes. The proper raisin for dessert ..... per lb., **10d.**

Evaporated Bananas. Have a richer flavour and are easier to digest than fresh bananas, besides being 4½ times more valuable as a food ..... 1-lb. packet, **1/-**

Empire Sultanas ..... per lb., **7d.**

Empire Currants ..... per lb., **7d.**

Shelled Nuts.

(Nut Prices are subject to Market Fluctuations.)

Nuts are most essential foods in a well-balanced dietary. They are very nutritious, being the most concentrated foods known. As they are rich in both fat and protein, they can take the place of meat and dairy products, especially eggs. The digestibility of nuts is increased if they are eaten in moderate quantities, well masticated, and in combination with fruit and vegetables, especially green-leaf vegetables.

We stock only the finest quality of freshly-shelled nuts.

Pinekernels. These are seeds of the Pignolia pine tree. They are the most easily digested of all nuts, and have the highest percentage of protein (body-building material). They are soft, and can be eaten uncooked or slightly roasted ..... per lb., **2/3**

Brazils. Very popular nuts which have a mild creamy flavour, and crisp texture. The richest in oil of all nuts. Brazil nuts should be kept in an open dish, exposed to the air. Large whole nuts .. per lb., **1/8**

Almonds. The almond is a perfect food, and combined with sun-dried raisins, forms an ideal nutritious meal.

Jordan Almonds ..... per lb., **2/2**

Cashews ..... per lb., **1/8**

Barcelonas. Delicious when flaked into a meal .. per lb., **1/8**

Walnuts. Contain a delicately flavoured oil. Finely grated and sprinkled over salads, they make an ideal meal ..... per lb., **2/-**

Peanuts. Although strictly speaking a legume, the peanut resembles the composition of nuts. It is very rich in protein, and has the highest percentage of iron of all nuts. They are an unsuitable food in uric acid complaints .... per lb., **6d.**

Mixed Nuts (loose) ..... per lb., **1/6**

Milled Nuts ..... per lb., **1/10**

Dessert Mixture (Muscatels and Mixed Nuts), best quality ..... per lb., **1/6**

ORZONE LENDING LIBRARY

in conjunction with Foyle's Libraries, Ltd.

A good book often proves the finest tonic and nerve soother. It's natural, therefore, that the Orzone Company should provide an opportunity for obtaining interesting literature, through the medium of an up-to-date Lending Library. A comprehensive supply of the newest fiction and other reading matter is always available.

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9 Rosemary Street, Belfast.

Also BALLYMENA, PORTADOWN, LURGAN and LISBURN.

Nut Meats.

Nut Meats are made entirely from nuts and grains, and are highly nutritious concentrated foods. They are conservatively cooked, easy to digest, and much more economical than meat. To make delicious hot savouries with them is only a matter of a few minutes, and they can also be eaten as taken from the tin.

(Made by Granose Foods, Ltd. See page 36.)

Protose. A tasty, nutritious and easily digested food. The Standard British Nut Meat.
Sample tin, **6d.**; ½-lb., **1/-**; 1-lb., **1/8**; 1½-lb., **2/4**

Granutose, with its inviting flavour, is an ideal meat substitute. The food for those with weak digestions ..... Sample tin, **8d.**; ½-lb., **1/2**

Nuttolene. The most delicate and perhaps the most popular of the nut meats. In appearance and flavour it closely resembles chicken.
Sample tin, **6d**; ½-lb., **10d.**; 1-lb., **1/6**; 1½-lb., **2/-**

Nuttose. Somewhat similar to meat in consistency and appearance. Excellent for stews and roasts.
Sample tin, **5d**; ½-lb., **9d.**; 1-lb., **1/4**; 1½-lb., **1/10**

Nut Brawn ..... Sample tin, **6d**; ½-lb., **10d.**; 1-lb., **1/6**

Note.—Those who wish to prepare nutritious meatless meals of their own making will find an abundance of splendid recipes in "Health Food Recipes," by Cathie Semple, and in other meatless recipe books which we always have in stock.

Nut Meat Powders.

Nut Meat Powders are ready-mixed preparations of nuts and cereals seasoned with herbs. They keep well, and make a tasty and economical meal. Just moisten with water, shape, and fry to a golden brown. After preparation, they may also be eaten with a salad.

Maplemeat ..... ¼-lb., **4½d**; 1-lb., **1/6**

Savormix ..... ¼-lb., **6d**; 1-lb., **1/9**

Try a course of

MASSAGE and RADIANT-HEAT

treatments, under the skilled and sympathetic care of

MR. D. DOHERTY, M.S.F.,

(Official Operative to the Theatrical Profession in Belfast.)

Qualified Masseur, Ray-Therapeutist and Osteopathist, he is highly proficient in the art of joint manipulation. If you suffer from RHEUMATISM, NEURITIS, SCIATICA, LUMBAGO, or any similar ailment, make an appointment now to call any time between 10 a.m. and 6 p.m., Monday to Friday inclusive.

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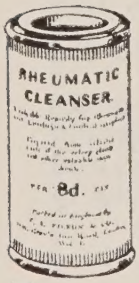
10/12 North Street, BELFAST. Phone: 22212.



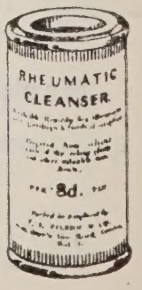
RHEUMATIC CLEANSER

If taken daily will slowly but surely drive Rheumatic poisons out of the System. Drugs only succeed in driving them further in, thus ensuring worse troubles later.

RHEUMATIC CLEANSER | **Large Tins 3/-**
Trial Tins 8d.

Is prepared from selected parts of the celery plant and other valuable ingredients.

It is a valuable addition to the diet for Rheumatism, Gout, Lumbago, and all diseases of the Rheumatic family.



Ready-to-Eat Lunch Foods and Sandwich Pastes.

The following foods make most nutritive lunches and require no preparation.

Bromose. A highly nutritive convenient food. Just the thing for long tramps or railway journeys. Excellent for increasing flesh and making rich red blood. Made by Granose Foods, Ltd. Per packet, **6d.**

Cream o' Nuts ..... per packet, **10d.**

Bromovita. This is a pure and nourishing health confection made of choice fruits and other carefully selected ingredients. Contains A.B.C.D. vitamins ..... per packet, **6d.**

Horlick's Malted Milk Tablets ..... flasks, **6d.** and **1/-**

St. Ivel Cheese and Celery ..... per jar, **3d.**, **6d.** and **9d.**

St. Ivel Cheese and Tomato ..... per jar, **9d.**

Ready-Cooked Savouries.

Place tin unopened in boiling water for ten minutes, open tin and serve.

Heinz Vegetarian Baked Beans, with tomato sauce.
Tins, **2d.**, **3d.** and **5d.**

„ **Salad Cream** ..... **6d.**; **10d.**; **1/1½.**

„ **Vegetable Salad** ..... per tin, **7d.**

„ **Soups** ..... **5d.**, **7½d.** and **1/2.**

Orzone Salad Dressing ..... per jar, **1/-.**

Cheese.

All cheeses are concentrated foods and are best eaten in small quantities, combined with salad foods. Those listed below are crustless, and are wrapped in small convenient portions. No preservatives.

St. Ivel Lactic Cheese, contains the bacillus of Massol in active form; a soft, white cheese that spreads like butter ..... standard size, **6d** and **8½d.**

St. Ivel Cheese ..... per carton, **6d.**

Crustless Cheddar.
Each portion, **1½d.**; 12 portions in box, **1/-.**

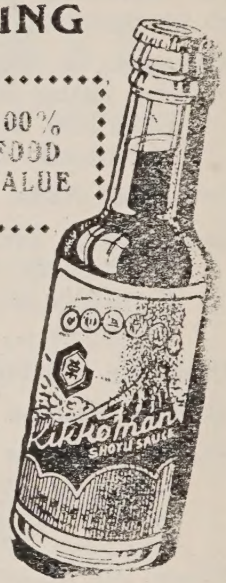
Crustless Cheshire
Each portion, **1½d.**; 12 portions in box, **1/-.**

Kikkoman

FOR COOKING & FLAVOURING

KIKKOMAN is more than a condiment; it is an essential food item proclaimed by leading Health Specialists as a definite aid to better health and vitality! With Soups, Stews, Savouries, and all Egg, Fish, Vegetarian, and Cheese dishes KIKKOMAN is unrivalled! Get a bottle to-day!

100% FOOD VALUE



Made from the Nourishing SOYA BEAN

Skilfully blended with the finest wheat, it takes no less than 18 months to mature and possesses an appetising saline flavour that immediately appeals to the palate. **"Kikkoman" contains neither Vinegar nor Meat Extracts** is highly concentrated, and is recommended for infants and invalids.

DELICIOUS WITH HOT OR COLD MILK.

BOX'S PILLS—

the
great HERBAL treatment
for
digestive troubles

Box's Pills, manufactured from pure herbal extracts, contain vital natural elements for strengthening a weak digestion and promoting healthy appetite.

Box's Pills quickly cure Biliousness, Bad Breath, Flatulence, Constipation and Dyspepsia.

1/- & 2/6 per BOX

from

The Orzone Stores
Belfast

Nourishing Soups.

Almond Cream ..... per packet, **3d.**

Blended, Celery Cream, Lentil and Onion Savoury, Mulligatawny, Pea and Mint, Tomato Cream,
Per packet, **3d.**

Vegetable Extracts.

Marmite
The Great Yeast Food

adds strength and flavour to soups, gravies, and sauces, while a very savoury and nourishing drink is made simply by dissolving half a teaspoonful of the extract in a cupful of boiling water.

1-oz., **6d.**; 2-oz., **10d.**; 4-oz., **1/6**; 8-oz., **2/6**; 16-oz., **4/6.**

Marmite Cubes ..... per tin, **6d.**

Bevita (Granose) ..... per jar, **10d., 1/6** and **2/6.**

Verva (Solid). Mapleton's New Vegetable Extract (recommended) ..... 2ozs., **10d.**; 4 ozs., **1/4.**

Emvita (Eustace Miles). Natural organic salts and vitamins in powder form ..... per tin, **2/6.**

Yeastrel

for Soups, Stews, Sandwiches and Savouries

RICHEST IN VITAMINS "B"

1 oz. 6d. - 2 oz. 10d. - ¼ lb. 1/6
½ lb. 2/6 - 1 lb. 4/6

Savita. A somewhat similar preparation to Marmite.
Per jar, **3/3.**

ORZONE OLIVE OIL. This is the highest grade Virgin Olive Oil obtainable. It is the issue from the first pressure of superb ripe French olives, and is guaranteed free from all admixtures and adulterants. Its supreme quality makes it the best for all medicinal and remedial purposes. Its incomparable flavour makes it ideal for salads.

4-oz., **10d.**; 8-oz., **1/6**; 12-oz., **2/3**; 16-oz., **2/8**; 20-oz., **3/-**; 40-oz.,**5/6**; ½-gallon, **9/-**; 1-gallon, **16/-**.

A Vitalising Tonic Food

ORZONE EMULSION

recommended for it's wonderful efficacy in cases of Insomnia, Nerve Trouble, Asthma, Bronchitis, Catarrh, Indigestion and all Gastric Complaints.

A creamy beverage made by blending Orzone Olive Oil, Digestolene and boiling water, it is a splendid health-builder and entirely palatable.

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Orzone (Ireland) Ltd.

10/12 North Street, Belfast.

Also at BALLYMENA, PORTADOWN, LURGAN and LISBURN

Ask for full particulars

Condiments, Herbs and Spices.

Onion Powder ..... small tins, **3½d.**

Celery Powder ..... per tin, **4½d.**

Sweet Herbs, in packets. Six varieties, Mint, Sage, Celery Seeds, Parsley, Thyme, and Mixed Sweet Herbs ..... each, **2d.**

Dynamized Salt ..... per tin, **9d** and **1/3.**

Agar-Agar. Vegetable gelatine ..... per lb., **5/-.**

Agar-Agar, vegetable gelatine ..... per packet, **8d.**

Fruit and Nut Confectionery.

Assorted Nut-filled Dates ..... per ¼-lb., **6d.**

Brazil Dates, in fancy transparent packets. Per packet, **3d** and **4½d.**

"Mellowcream" Fruit Bars, Pressed Stoned Date Bars, Brazil and Fruit Bars, Fruit Cream Sandwiches ..... each, **2d.**

Fruit and Nut Bars, Nutolate Crispits ..... each, **1d.**

Ovaltine Chocolate ..... per packet, **2d** and **6d** and **1/-**

Bemax Chocolate ..... per packet, **2d** and **6d.**

Vegetable Cooking Fats.

Snow-white, tasteless, and odourless cooking fats made entirely from nuts, and free from chemical preservatives and adulterants. Being free from water, they will keep perfectly sweet for a long time. Thirteen ounces will go as far as a pound of butter, dripping, lard, or margarine, and will produce lighter, nicer, and more digestible pastry, puddings, and cakes.

Olnut .... 1-lb., **7d.** **Nutter** .... 1-lb. packet, **7d.**

Olnut Suet ..... 1-lb., **7d.**

Nutter Suet. For puddings or frying ..... 1-lb. packet, **7d.**

NUTTER

THE IDEAL COOKING FAT

FOR GOLDEN BROWN PASTRY & RICH LIGHT CAKES

7d. per 1-lb. *In packets and tubs.*

HONEY-GRAINS

This wonderful fruit and nut breakfast food is in the form of crisp, golden, toasted flakes, which melt in the mouth, and is the easiest possible way of increasing the daily fruit ration. 8d. and 1/9 per tin.

Ask for descriptive leaflets at Orzone (Ireland) Ltd.

MAPLETON'S NUT FOOD CO. LTD.—GARSTON, LIVERPOOL, 19.

4 things I had to remember

HEALTH & BEAUTY
The family needed something to keep us all fit—barley water, good for the complexion, thirst quenching, made as easily as tea.

THE INVALID
Something easy to take, easy to digest, and a good strength-builder. I found them all—and the recipe book, in the packet of BARLETS my grocer recommended!

FREE GIFTS.
Coupons for free gifts are enclosed in every packet Write for illustrated list of gifts to Allinson, 210, Cambridge Road, E.2.

7½D. *per pkt.*

FOR BREAKFAST
I wanted a nourishing porridge that would be a change from oatmeal and cereals.

LUNCH & DINNER
Something novel in the way of sweets—and I found an illustrated folder with many entrancing recipes by Mrs. Cottington-Taylor of the Good Housekeeping Institute.

but only **BARLETS** *to buy!*

Nut Butters.

Dairy butter, however good the quality, is merely fat, plus water and preservatives. Although it costs more, it is not equal in food value to nut butter, which contains body-building material as well as fat. Nut butter is made from nuts only, is free from water and preservatives, and keeps much longer than dairy butter. Several kinds are obtainable, and each kind retains the fine flavour of the nut from which it is made.

Mapleton's Almond Butter ..... ½-lb., 9½**d.**; 1-lb., **1/6.**
„ **Brazil Butter** ..... ½-lb., 6½**d.**; 1-lb., **1/-.**
„ **Cashew Butter** ..... ½-lb., **5d.**; 1-lb., **9d.**
„ **Hazel Butter** ..... ½-lb., **6d.**; 1-lb., **11d.**
„ **Walnut Butter** ..... ½-lb., 6½**d.**; 1-lb., **1/-.**
„ **Cocoanut Butter** ..... ½-lb., 5½**d.**; 1-lb., **10d.**
„ **Peanut Cream Paste** ..... per jar, **1/-.**
„ **Peanut Butter** ..... per tin, **1/-.**
Wallace P.R. Brazil Butter ..... 1-lb., **1/4.**

Breakfast Foods.

(READY TO USE).

Sunnybisk ..... per carton, **6d** and **10½d.**

Puffed Rice, toasted and cooked ready for use, Per packet, **6½d.**

Puffed Wheat ..... per packet, **6½d.**

"Zo." A food particularly rich in all things lacking in the ordinary bill of fare ..... per packet, **8d.**

Proctor's Corn Flakes, Wheat Flakes and Oat Flakes ..... per packet, **6½d.**

Force ..... per packet, **6½d.**

Kellog's Corn Flakes ..... per packet, **5½d.**

Honey Grains. Are non-starchy, consisting of fruit and nuts, and are crisp and granular in form. The vitalising and health-giving qualities of the fruit and nuts are conserved ..... per tin, **8d** and **1/9.**

Fruit Bran ..... per tin, **8d** and **1/9.**

Weetabix ..... per packet, **6d** and **10½d.**

EAT MITCHELHILL'S
CRUNCH YOUR WAY TO HEALTH!
"Healthy Life" BISCUITS
WHOLEMEAL & BUTTERMILK
1/- PER TIN

Definite curative results with

ORZONE TONIC TEA

An anti-Rheumatic Tea of Brazil which has all the invigorating characteristics and delicious flavour of ordinary tea, while acting beneficially in cases of **Indigestion, Rheumatism, Neuritis, Diabetes,** and other uric acid or "sugar" complaints.

SEALED PACKETS ONLY.

¼ lb. **8d.** - ½ lb. **1/3** - 1 lb. **2/6**

Cut out Tannin and avoid indigestion by drinking

ORZONE DIGESTIVE TEA

A Beverage which gives all of the pleasure and none of the pain

BREAKFAST FOODS (ready to use)—Continued.

Allinson's Barlets ..... per packet, **7½d.**

Allinson's Oats ..... per packet, **7½d.**

Brown's Barley Kernels ..... per packet, **8d.**

Tribrek (Huntley & Palmer) ..... per packet, **6d.**

Grape Nuts. A nourishing and appetising wheat and malted barley food ..... per packet, **11d.**

Em Crisps ..... per packet, **7½d.**

The following goods are in the form of thin crisp flakes, and can be served with hot or cold milk or stewed fruits.

Granose Flakes. Granose consists of entire wheat kernels, cooked for several hours, then pressed into thin flakes and well toasted. It is rich in organic salts and flesh-forming material, while the natural fibre of the wheat secures the healthy and regular action of the bowels. It is a splendid food for infants and invalids .... per packet, plain, **7½d.**

Granose Biscuits ..... per carton, plain, **1/2**; malted, **1/2.**

Energen Bismeal is a pure, natural wheat product containing nearly three times as much protein as any wheat breakfast food, and twice the quantity found in oatmeal. It forms a healthy and delicious ready-cooked breakfast food for those in health and is invaluable in all cases of defective digestion ..... per packet, **7½d.**

Fig and Bran A happy combination of food laxatives. Bran combined and flavoured with fig. Per packet, **10d.**

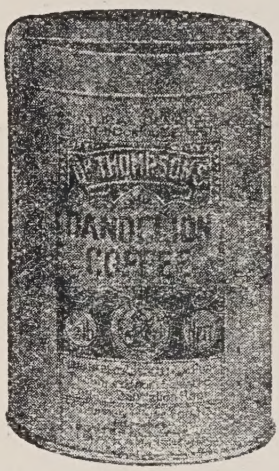
Fig Vita Bran (Granose) ..... per packet, **9d.**

H.O. Oats ..... per packet, **7d.**

Kellog's Rice Krispies ..... per packet, **7½d.**

DANDELION COFFEE

(Dr. Thompson's)



Contains neither Chicory, Coffee, nor other foreign ingredients, being composed entirely of **English Dandelion Root** roasted and ground. Its advantages to Dyspeptics and to all suffering from weakness of the Digestive Organs are unequalled.

IN TINS 1/-

Also 1/9 and 3/- each

The Real Dandelion Coffee.

MALTED SLIPPERY ELM FOOD

(Dr. Thompson's)

A combination of Slippery Elm, Malt, and other nutritive and digestive foods. For Infants and Invalids. Makes bone, blood and muscle.

"Slippery Elm is a most nourishing, soothing and digestive food."
—J. SKELTON, M.D.

This food can be retained by the most delicate stomach, even when other foods are rejected. It is invaluable in Gastric Catarrh and other diseases of the stomach.

Packed in handsomely decorated enamelled tins, our special design.

PER TIN 9d.

Also 1/8 and 2/-

Cereals.

As cereals form such a large part of the usual diet, it is very important that only the best should be used.
The outer portion of the grain is the richest in mineral matter, and it is this portion which is taken away in the modern method of milling. White refined cereal foods should therefore be avoided, and preference given to those prepared from the whole grain.

Wholemeal. Real wholemeal is a complete food, as it contains all the elements needed to support life. Many so-called wholemeals now sold are a mixture of white flour or seconds with coarse bran. We stock only pure stone-ground wholemeal, containing all the constituents of the wheat, including the mineral salts and vitamins.
Allinson's Wholemeal .. 3½-lb. bags, **11d.**; 7-lb bags, **1/9.**

Artox Wholemeal ..... 3½-lb. bags, **11d.**

Wholemeal Marconi ..... ½-lb packet, **4d.**

Natural Brown Rice (unpeeled and unpolished). This is the only rice which contains the germ and the outer layers of the kernel, and should always be used in preference to unpolished and polished rice. It is the staple food of countless millions in the East ..... per lb., **4d.**

Unpolished Rice. Has had the outer layer of the kernel removed, but has not undergone the usual process of polishing which still further devitalises the grain ..... per lb., **5d.**

Pot Barley should be used instead of "Pearl" barley ..... per lb., **5d.**

Eustace Miles Proteid Biscuits.

Emprote Biscuits are far better than ordinary biscuits, because they are richer in body-building elements and mineral salts. They are famous for their digestibility, purity and flavour. All varieties are packed in hygienic and attractive boxes.

Mixed ..... per box, **1/6.**
Nut and Fruit ..... per box, **1/6.**
Plain ..... per box, **1/6.**
Sultana ..... per box, **1/6.**
Wholemeal ..... per box, **1/6.**
Embrets ..... per packet, **6d.**

Danish Bread.

Orzone Danish Ryebread is made from crushed whole rye grain, and forms a regular daily diet of the healthy and hardy people of Denmark. It is undoubtedly one of the finest forms of cereal food extant in the world to-day, and in the last year or two its sale in Great Britain has grown tremendously. Baked in flat, thin cakes—like oatcakes—it will keep in fresh, crisp, usable condition almost indefinitely if stored in a dry place. Delicious when eaten with butter.

Orzone Danish Rye Bread. Specially prepared in Denmark under the most hygienic conditions. Per carton, **1/4.**

Ryvita Bread ..... per carton, **10d** and **1/6.**

Vita-weat ..... per carton, **10d** and **1/6.**

Wholemeal Biscuits.

We specialise in **wholemeal** biscuits made of stone-ground, unbleached, untreated, and unrefined flour. The old-fashioned method of grinding flour between stones ensures the retention of the essential mineral salts present in wheat. It is the absence of these salts, inevitable with modern methods of milling, that is responsible for many of the diseases and disorders of the stomach to-day.

Scott's Brownies. A thick, "scrunchy," unsweetened biscuit of perfect flavour. Should be eaten instead of bread at all meals. Contains 100% of the wheat ..... per lb., **1/-.**

Scott's Rugger. Similar to Brownies, but slightly sweetened ..... per lb., **1/-.**

Scott's Slightly Sweet Digestive. A small, thin, crisp biscuit ..... ½-lb. packet, **8½d.**

Scott's Crusweet. A thin, crisp biscuit made with crushed wheat and stone-milled flour, appetizing with butter or cheese ..... ½-lb. packet, **6d.**

WHOLEMEAL BISCUITS—Continued.

Scott's Plain Wheatmeal ..... ½-lb. packet, **8d.**

Scott's Unsweetened Bran ..... ½-lb. packet, **8d.**

Wheaten Crisp (Macfarlane, Lang) .. per packet, **6d** and **1/-.**

Granary Biscuits (Pitman's) ..... per packet, **9d.**

Mc-Vita (Mcvitie & Price) ..... per packet, **1/-.**

Turog Wafers (British made from British wheat), Per packet, **9d.**

Granose Biscuits. (Plain or malted. Made from rolled wheat flakes, thoroughly toasted, and loosely pressed together in biscuit form. Delicious with stewed fruit.)

Malted, per packet, **1/2**; Plain, per packet, **1/2.**

Allinson Windmill Biscuits.

Ginger	Plain Digestive	1/- lb. (loose). ½-lb. pkts., **6½d**
Nut Fruit	Shortcake	
Coconut	Honey Meal	
Fruit Digestive	Assorted	

"P.R." Biscuits (Wallace Pure Food Co.). Not only are the "P.R." biscuits made from the best whole meat (finely ground), and absolutely free from impurities, but they have an old-fashioned quality and appetising flavour entirely peculiar to themselves.

Bran ..... ½-lb. packet, **9d.**

Square Wheatmeal ..... per lb., **11d.**

Provost Oat (a favourite) ..... per lb., **1/6.**

"Saltcoats" Biscuits. Original Wholemeal Digestive Biscuits ..... per packet, **6d.**

Real Irish
BANNOCKS

Made solely from finest Oatmeal and other ingredients, as a Nerve Tonic and body builder these Bannocks cannot be excelled. They are very rich in Vitamin "B" and are specially recommended for growing or ailing children.

Include them in your daily diet and note the wonderful improvement in your general health.

Large Tins 1/-, half size 6d.

THE MODEL BAKERY
OMAGH - Co. TYRONE

SEE THE NAME . . . .
"GRANOLA"
ON EVERY DIGESTIVE BISCUIT.
Manufactured only by MACFARLANE, LANG & Co, LTD., Glasgow & London.

We specially recommend Macfarlane, Lang & Co's. Biscuits for general family use.

PROVOST OAT BISCUITS *(Regd.)*
Digestive Biscuits, made from the well known "Provost Oats"
AND
WHITEHEAD'S CREAM RUSKS
Proved satisfactory for many years. Prepared for use in a moment.
6D. PER PACKET.
HIGHLY RECOMMENDED FOR INFANTS AND INVALIDS.
Made by **GRAY, DUNN & CO., LTD., GLASGOW.**

WHOLEMEAL BISCUITS—Continued.

Artox Wholemeal Biscuits ..... per tin, **1/-.**

Abernethy Cottage Biscuits ..... per tin, **9d.**

Abernethy Cottage Malt-y Milk ..... per tin, **1/-.**

Healthy Life Biscuits ..... per tin, **1/-.**

Romany Biscuits (Biscuits of Quality)—

Water Biscuits ..... per tin, **1/6.**
Wheaten Digestive ..... per tin, **1/6.**
Ginger Nuts ..... per tin, **9d.**
Ginger Wheat Cakes ..... per tin, **1/-.**

Real Irish Bannocks, made in Omagh from finest Irish Oatmeal ..... per packet, **6d.**
Oat Cake ..... per packet, **1/-.**

RUSKS—

Ovaltine Rusks ..... per tin, **1/6** or **2/6.**

Proteid Rusks (Eustace Miles) ..... per box, **1/6.**

Energen Rusks (see Diabetic specialities) .... per box, **1/4.**

Gray Dunn Cream Rusks ..... per box, **6d.**

Wholemeal Bread.

Wheat is a perfect food, and bread made from finely-ground wholemeal from which nothing has been extracted is health-giving and nourishing, besides possessing a delicious nutty flavour that bread made from white flour lacks.

Allinson Bread. Made from fine wholemeal containing the whole of the wheat's nutriment per loaf, **3d.**

Artox Bread. A fine, spongy loaf that retains its softness ..... per loaf, **3d.**

Energen Wholemeal Bread ..... per box, **3/6.**

Fruit and Nut Cakes.

These handy uncooked foods are made from a large variety of sun-dried fruits and nuts. They supply an abundance of natural organic sugar in its purest form, and are much to be preferred to denatured commercial sugar products, the use of which causes acid fermentation, catarrh, and dental decay.

Ready to eat, they make delicious sandwiches with wholemeal bread or biscuits, and are excellent and sustaining pocket foods for picnics and journeys. Should be given to children instead of sweets.

Mapleton's Fruitarian Cakes.

Nutolate Sandwich	Chocolate Sandwich	3 oz. Cake, **8d.**
Marzipan Sandwich	Muscatel and Almond	
Coconut Sandwich	Brazil and Fruit	
Raspberry Sandwich	Lemoncream Sandwich	
Date and Nut	Fig and Ginger	
Date and Almond	Date and Ginger	
Date and Hazel	Date and Coconut	
Date, Orange and Nut	Date and Walnut	
Date, Lemon and Nut	Fig and Nut	

Mapleton's Slab Cakes (8 varieties).

Nutolate Sandwich	Raspberry Sandwich	1 lb. Slabs, **11d.**
Marzipan Sandwich	Lemoncream Sandwich	
Chocolate Sandwich	Coconut Sandwich	
Almond Sandwich	Brazil and Fruit	

Mapleton's Fruitarian Luncheon (in four varieties) **2d & 6d.**

Honey.

Ordinary commercial sugar is the cause of much mischief to the digestive organs and the teeth. It is an irritant to the stomach, causing indigestion, acid dyspepsia, gastric catarrh, and other troubles.

Pure honey is rich in organic salts, is non-irritating, and benefits all parts of the body. Honey should, therefore, be used as a preserve instead of sugar and sugar products, and for sweetening fruit drinks, puddings and cakes. It can be given to children without detriment to teeth or bones.

New Zealand Honey .. ½'s, **10½d.**; 1's, **1/6**; 2¼'s, **2/8**; 7's **8/-**.

Irish Honey ..... ¼-lb., **7½d.**; ½-lb. jar, **11d.**; 1-lb. jar, **1/6**.

Irish Honeycomb ..... each, **1/2**.

Canadian Honey,
½-lb. jar, **10½d.**; 1-lb. jar, **1/6**; 2-lb. jar, **2/8**.

Canadian Bee-Kist ..... per jar, **9½d.** and **1/4**.

Honicose (Plain and Malted) ..... per jar, **1/6**.

Orzone Canadian White Clover. Exceptional quality. Own pack ..... per jar, **1/-**.

Criddle's Black Treacle ..... per glass jar, **6d.**

Criddle's Golden Syrup ..... per glass jar, **6d.**

Preserves.

The two brands that we sell are made from fresh, fragrant, and luscious fruit, pure cane sugar, and nothing else. The exclusive processes retain every atom of the delicious fresh fruit flavour, because the fruit is just sufficiently cooked to blend with the sugar used.

Orange Cream (a new flavour) ..... per pot, **9½d.**

Ginger Marmalade ..... per jar, **10½d.**

Cherry Marmalade ..... per jar, **10½d.**

A Popular Rendezvous with Food Reformers

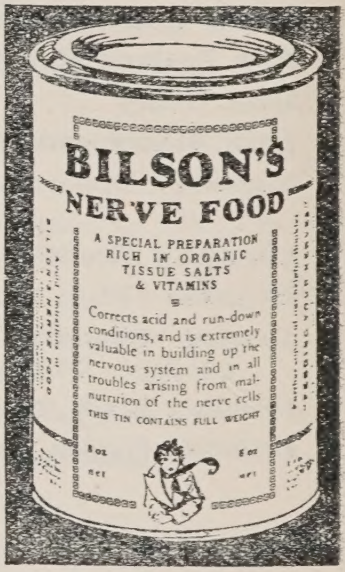
The Orzone Restaurant

A WELL-APPOINTED AND UP-TO-DATE SERVICE

21 LUDGATE HILL, LONDON, E.C.4.

(Just below St. Paul's)

Strong Nerves the Gateway to Good Health


BILSON'S
NERVE FOOD
A SPECIAL PREPARATION RICH IN ORGANIC TISSUE SALTS & VITAMINS
Corrects acid and run-down conditions, and is extremely valuable in building up the nervous system and in all troubles arising from malnutrition of the nerve cells
THIS TIN CONTAINS FULL WEIGHT

You cannot enjoy glorious health and endless vitality if the nerves, which control most of the main bodily functions are in a poor or rundown condition.

BILSON'S
NERVE FOOD

. . being rich in Organic Phosphorus, Calcium, Sodium and Iron, contains the organic salts needed for rebuilding nervous tissue and regenerates broken down nerve cells in a miraculous manner. After a course of this wonderful aid to health, you will sleep better, feel better and once again enjoy life to the full. Digestive disturbances and depression will be banished.

Don't Drug your Nerves ! !

FEED THEM *with . . .*

Ask for this Free Booklet

BILSON'S
NERVE - FOOD

Sample Tins 6d. :: Standard Tins 2/6

Sold and Strongly Recommended by

ORZONE (IRELAND) LIMITED,
10/12 North Street, Belfast.

PRESERVES—Continued.

Orange Marmalade ..... per jar, **9d.**

Lemon Cheese. Contains lemons, eggs, sugar, butter and other choice ingredients, guaranteed pure.
Per pot, **10½d.**

Duerr's Jams—

Orange Marmalade De Luxe ...	1-lb. jar, **6½d.**	2-lb., **1/-**
Sunny Seville	1-lb. jar, **6½d.**	2-lb., **1/-**
Apricot	1-lb. jar, **9d.**	2-lb., **1/5**
Stoneless Damson	1-lb. jar, **8d.**	2-lb., **1/3**
Stoneless Red Plum	1-lb. jar, **7½d.**	2-lb., **1/2**
English Blackcurrant	1-lb. jar, **9½d.**	2-lb., **1/6**
Raspberry	1-lb. jar, **9d.**	2-lb., **1/6**
Blackberry Jelly (Seedless Bramble)	1-lb. jar, **8d.**	2-lb., **1/3**
Whole Fruit Strawberry	1-lb. jar, **11½d.**	2-lb., **1/10½**

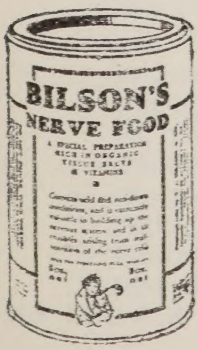
Guaranteed to be made from finest gathered English dessert fruit, and English Refined Sugar.

Welch's Grape Jelly ..... per jar, **10½d.**

Pitman's Table Jellies ..... per packet, **6½d.**

Selected Health Drinks.

The best health drink is pure water. It has never been improved upon. Unfortunately, civilised man is in the habit of adding drugs or stimulants to it, and many of his ills are directly traceable to this source. The drinks described under this heading are not injurious.



NATURAL REMEDIES.

TONICS.

***Bilson's Nerve Food** .. per tin, 2/6, 4/9, 8/6
sample tins, **6d**

***Vitamin Tonic Food** ..... per tin, **1/-**

Protonnic ..... per tin, **1/-** and **4/-**

SELECTED HEALTH DRINKS—Continued.

Orzone Dandelion Coffee. Genuine dandelion coffee is undoubtedly one of the best drinks for dyspeptics, and the most healthful substitute for tea or coffee. Properly prepared, it makes a most palatable beverage, which may be taken at any time. Our dandelion coffee is guaranteed absolutely pure. It contains neither ordinary coffee nor chicory, but is made by a special process from pure English dandelion root only. It is a natural beverage without injurious effects. Both tea and coffee exert a harmful influence on the nerves and digestive organs. This dandelion coffee, however, stimulates the whole system, helps the liver and kidneys to do their work, and keeps the bowels in a healthy condition.

¼-lb. tin, **1/-**; ½-lb. tin, **1/9**; 1-lb. tin, **3/-**.

Dandelion Coffee Essence ..... per bottle, **9½d.** and **1/2**

Matté Real. The great South American tonic beverage, imported direct.

Sample size, **6d.** Per packet, **1/6, 2/9** and **5/-**

Cordova Tea. A blend of harmless herbs which provide the elements required for dissolving superfluous fat ..... per packet, **1/-**

Bush Tea. Nature's Cure for Indigestion and Dyspepsia ..... per packet, **9d.**

Food Beverages.

Orzone Olive Oil Emulsion. Orzone Olive Oil, when emulsified according to our formula, is delicious, readily assimilated, and an extremely valuable tonic food. It is a marvellous remedy for nerve troubles, chest complaints, sleeplessness, indigestion, etc. A descriptive booklet and recipe will be given or sent free of charge.

Horlick's Malted Milk is a concentrated nutrient of exquisite flavour. It is much more than just a beverage—it is full-cream dairy milk enriched by the extracts of choice malted barley and wheat, and supplies maximum nutrition with minimum tax on digestion. It is suitable for all ages alike, and it enjoys the endorsement of the medical profession as the ideal diet in both health and sickness. In sealed glass bottles, **2/-, 3/6, 8/6** and **15/-**

FOOD BEVERAGES—Continued.

Ovaltine. This is a nourishing beverage easily prepared with hot milk or with milk and water. It is an extract of malt, milk, and eggs flavoured with cocoa. The special process of extraction and concentration preserves the vitalising elements of these foods. It is rich in lecithin, an organic compound of phosphorus, and is thus a valuable food in mental and nervous exhaustion. All children should be given Ovaltine in preference to tea, coffee, or cocoa ..... in tins, **1/1, 1/10** and **3/3**

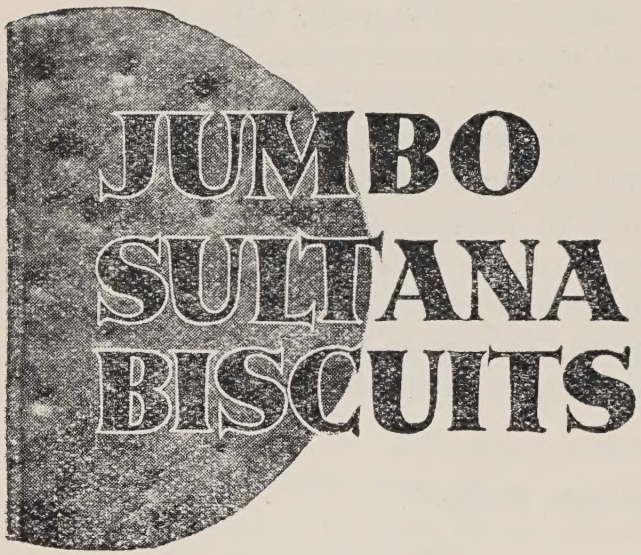
Savita. See under "Vegetable Extracts."

Emprote. Eustace Miles Body-Building Food. Contains three different kinds of pure dried milks, specially prepared cereal, dried fruit, and no preservatives. It is ready for use without cooking. ¼-lb. tin, **9d.**; ½-lb. tin, **1/5**; 1-lb. tin, **2/9**; 4-lb. tin, **10/-**

Sanvia. A concentrated cereal food in powder form, consisting of the digestive and vital constituents of grains, and is entirely free from drugs. It is very rich in diastase, a substance generated during the germination of grain, of such potency that one part of it will digest two thousand parts of starch. It is therefore a powerful digestive agent by which other foods are rapidly converted into pure blood. Strongly recommended in all cases of insomnia, dyspepsia, gastritis, and impaired nutrition ..... ½-lb. tin, **1/9**; 1-lb., **3/3**

INTEGRITY IS THE KEYNOTE

OF ALL SAXON FOOD CRAFT PRODUCTS, NATURAL REMEDIES, AND AIDS TO BEAUTY



JUMBO BISCUITS & CAKES

The idea is to make these rich, nutritious and of the highest attainable standard by using stone ground wholewheat, natural sugar, only the best fruit and choice dairy butter. The cake keeps indefinitely. Our enormous sales are evidence of appreciation.

Digestive Biscuits	-	Tin 1/-
Ginger Nuts -	-	,, 1/-
Honey Rusks -	-	,, 1/-
Sultana Biscuits	-	,, 1/4
Rich Dundee Cake	-	,, 3/3

SAXON SAUSAGE MEAL

With this one can quickly make the most delicious, economical meatless savoury rissoles, sausages, etc. Full instructions.

Cartons 6d. & 1/6.

SYLVAN OIL

Thousands needing oil who could not tolerate olive oil now enjoy Sylvan Oil. Fine golden colour. Obtained from five choice oils. Lubricates the digestive tract. Take DAILY on salads or mixed with orange or lemon juice, etc. Reduced prices but the same highest attainable standard.

Standard Sizes, 1/2, 2/8, 4/6, 15/-

BIOTEX

The genuine food-tonic and nerve food. The mineral and tissue salts are swiftly absorbed and exert a vital effect on every cell in the body. Taken as a beverage. Reduced prices but no reduction in quality

Standard Size 2/6. Trial Canister 6d.

NOVONA

The dessert laxative, made with ripe olives and oily nut kernels, lubricates but yet so mild that it can be given to quite young children.

Carton (18 caramels) 1/3

ALLSOY BISCUITS

Starchless and sugarless. For all special diets, especially digestive troubles and diabetes. Free samples and descriptive leaflet on request. Three varieties in two sizes. All the same price.

Plain (unsweetened)
Slightly Sweet (Saccharine)
Cheese flavoured

Packets 1/-. Tin 2/-

HIGHEST ATTAINABLE STANDARD

Please ask for SAXON products and make sure that they bear one or other of these registered trade marks. There are over 200 specialities in our illustrated descriptive price list which is FREE on request.

Edgar J. Saxon

The HEALTH CENTRE

314 Uxbridge Rd., London, W.3

Tea.

Orzone Digestive Tea. Owing to its low tannin content it is invaluable to those troubled with indigestion or any gastric complaint. Of rich flavour, it is most economical, saving a teaspoonful at every brewing. Its purity is another reason for its great popularity.
¼-lb., **8d**; ½-lb., **1/4**; 1-lb., **2/8**

Ty-Phoo Tea. Ty-Phoo Tea consists of the outer edges only of the leaf, and is thus free from the crude tannin which is found in the ribs and stalk of the leaf ..... ¼-lb., **8½d.**; ½-lb., **1/5**

Doctor's Ceylon Tea. Becoming very popular owing to its pleasant flavour. Most economical to use.
¼-lb., **8½d.**; ½-lb., **1/5**

Doctor's China Tea. For those seeking a real good China Tea (two qualities) ..... per lb., **3/6** and **4/-**

Orzone China Tea. A choice new blend, with a rich bouquet ..... ¼-lb., **10½d.**; ½-lb., **1/9**

Coffee.

Wallace "P.R." Coffee. Ordinary coffee retards digestion and injures the nerves because it is over-roasted and exposed to poisonous gas-fumes. The roasting develops the poisonous irritating properties of the plant. Wallace "P.R." Coffee is not objectionable in any way, and its flavour is delicious. The caffeine is underdeveloped because the beans are pale-roasted by electric heat in patent closed cylinders. This pale-roasted coffee corrects fermentation, helps digestion, soothes the nerves, and induces sleep.
Special Blend ..... ½-lb. tin, **1/6**; 1-lb. tin, **2/10**
Pure Mocha, ½-lb. tin, **1/6½**; 1-lb. tin, **2/11**; 3-lb. tin, **8/6**

H.A.G. Coffee (without caffeine) ..... ½-lb. **1/6**

Cocoa.

Allinson Natural Food Cocoa.
¼-lb. tin, **5½d.**; ½-lb. tin, **10d.**; 1-lb. tin, **1/7**

Emprote Cocoa. Cocoa blended with dried milk and cereals. Smooth to the palate and mild flavoured ..... ¼-lb., **7½d.**

Energen Cocoa ..... **1/3** per box

Malted Slippery Elm Cocoa ..... **1/-** per tin

QUINNETTE

Quite the Best

REAL FRUIT DRINKS

Grape Fruit - Lemon Lime
Orange - Lemon Crushes
Lime Juice Cordial
Lemon Barley Water

"Purity" Brand Juice LEMON-ORANGE

Expressed from sun-ripened fruit and bottled under high vacuum in England by

LEMON Juice as a blood purifier is without equal. It brings new life to the anaemic and vitally weak, and promotes energy and efficiency.

ORANGE Juice restores vitamin deficiency, disperses superfluous fat, yet contains important nutritive elements.

Be sure they are **SUN-RIPENED** by asking for "**PURITY**" **Brand.**

"**PURITY**" **Brand Lemon Juice** should be used for Salads, Mint Sauce, Drinking and Medicinal Purposes.

Sun-ripened Lemon Juice.

THE PURE LEMON JUICE CO. LTD.,
SUMNER RD., CROYDON, SURREY.

Fruit Juices.

These are pure fruit juices from perfectly ripened fruits, and are free from alcohol. They mix and blend well with other beverages, and are virtually bottled sunshine.
(See above.)

Sweetened ..... trial size, 1/-; reputed quart, 3/3

Unsweetened ..... trial size, 1/-; reputed pint, 1/8
reputed quart, 3/-

FRUIT JUICES—Continued.

Pure Orange Juice ("Purity" Brand). Undiluted juice straight from the fruit. Keeps well. Unsweetened .... reputed pint, **1/11**; reputed quart, **3/6**

Mission Orange or Lemon. The juice of tree-ripened fruit sweetened with pure sugar.
per bottle, **2/6** and **4/9**

Mission Grape Fruit ..... per bottle, **2/6** and **4/9**

Welch's Grape Juice. Grape juice is such a well-balanced food that it has been called "vegetable milk." Its chief constituent is grape sugar, one of the most energising and easily digestible foods in existence. It also contains malic, tartaric and citric acid, which are splendid blood purifiers. Welch's Grape Juice consists of the unfermented juice of the choicest Concord grapes and nothing else. Every pint represents the concentrated juice of more than two and a half pounds of the grapes. It is a splendid tonic and restorative, which supplies the body with the maximum amount of nourishment at the minimum expenditure of vital force. In the treatment of anæmia and wasting diseases it is invaluable. Sample, **6d.**; 8-oz., **1/-**; 16-oz., **1/6**; 32-oz., **2/9**

Mostelle Unfermented Grape Juice. Guaranteed absolutely pure grape juice, free from alcohol, prepared and bottled in Spain from first-class fresh, ripe grapes.
Red Mostelle ..... large bottles **3/-**; small, **1/10** each
Golden Mostelle ..... large bottles **3/3**; small, **2/-** each

"Quinnette" Orange, Grape Fruit or Lemon Juice.
Per bottle, **1/9**

Orzone Squashes—Orange, Lemon, Grape Fruit and Lime Juice Cordial ..... per bottle, **1/6**
Very special and well worth trying—

Montserrat Lime Fruit Cordial ..... per bottle, **2/-**

L.B.W. Lemon and Barley Water ..... per bottle, **1/9**

Vito Grape Juice ..... per bottle, **2/9** and **5/3**

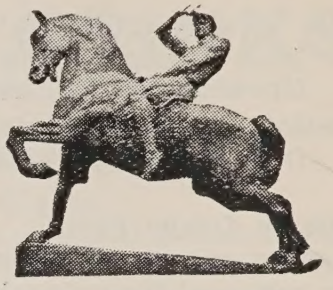
Diabetic and Starch-Reduced Foods.

Diabetic Cakes. Supplied only to order.

Diabetic Chocolate. Palatable, nourishing, and especially suitable ..... per packet, **8½d.**

Energen

This famous statue "Physical Energy" by G. F. Watts, O.M., R.A. typifies the idea conveyed by the Energen TRADE MARKS



ENERGEN BREAD is exceedingly valuable in providing a balanced diet.

It is rich in the Gluten of Wheat, the protein food which the food reformer needs, and which meat eaters obtain in their usual diet.

Energen Bread is light, crisp and delicious of flavour. Requiring complete mastication, it is rapidly assimilated on entering the digestive tract. For these reasons and its reduced "starch" content, ENERGEN Bread is now the standard bread for Diabetes, and of great benefit to all who suffer from Indigestion and Obesity.

For Prices see opposite page.

Sole Makers:—

Energen Foods Co. Ltd.,

WILLESDEN, LONDON, ENGLAND.

DIABETIC AND STARCH-REDUCED FOODS—Continued.

ENERGEN STARCH-REDUCED FOODS.

Breads. (See page opposite.)

Batons, full size, 6 in a box ..... per box, 2/-
Batons (Wholemeal), 6 in a box ..... per box, 2/-
Batonettes, 12 in a box ..... per box, 1/9
Round Rolls, 60 in a box ..... per box, 4/-
Round Rolls, 30 in a box ..... per box, 2/-
Round Rolls, 9 in a box ..... per box, 9d.
Loavettes, 2 Farmhouse Loaves in a box .... per box, 1/-
Rusks, 48 in a box ..... per box, 1/4
Composite Display ..... per box, 9d.
Energen Flour ..... per 7-lb. bag, 5/-

Energen Biscuits.

The Energen Biscuit (Digestive) ..... per box, 9d.
Bran (London Hospital Formula) ..... per box, 3/6
Endobran (Guys Hospital Formula) ..... per box, 3/6
Fine Water ..... per box, 1/6

Energen Cereals.

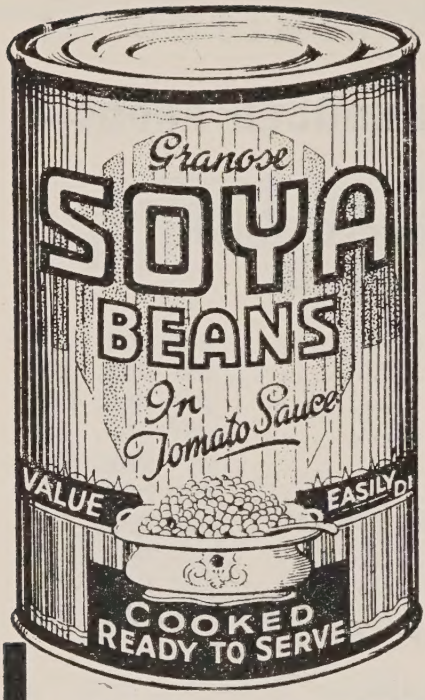
Flour ..... per box, 10d.
Tapioca ..... per box, 10d.
Semolina .... per box, 10d.
Protein Food .. per box, 2/-
Macaroni .... per box, 10d.
Bismeal ..... per box, 7½d.
Cocoa ..... per box, 10d.
Strength of Wheat, per box, 10d.

Energen Fruit Products.

Energen Orange Marmalade (no added sugar) .. per jar, 2/-

GRANOSE FOODS, LTD., DIABETIC SPECIALITIES.

Granovita Gluten Bread .... half-size box, 2/-
Granovita Gluten Meal ..... per packet, 10d.
Protose—Diabetic Nut Meal .... per tin, 6d, 1/-, 1/8 and 2/4
Granutose ..... per ½-lb. tin, 1/2; sample, 8d.
Protose ..... per 1½-lb. tin, 2/4; per ½-lb. tin, 1/- per 1-lb. tin, 1/8; sample 6d.
Sanameat ..... per ½-lb. tin, 1/2
Saviand ..... per ½-lb. tin, 1/-



"GRANOSE" SOYA BEANS
In Tomato Sauce and in Gravy.

The SOYA Bean has wonderful nutrient properties and is a real health food because:—

a. It is non-acid forming, consequently is an ideal food for those suffering from rheumatism and allied "acid" conditions.
b. Its protein content is twice that of other beans.
c. It is a great energy providing food.
d. Of great benefit to children because all the essentials to growth are present.
e. It contains Vitamins A, B, D & E.
f. It does not cause flatulence.

COOKED READY TO SERVE, HOT OR COLD.

7½d. & 4½d. per tin.

Are You Dieting?

For All Low-Starch Diets Granovita Bread is strongly recommended because it is really palatable and beneficial in use and this encourages the patient to persevere with the diet. Granovita Bread is standard as to analysis which is given on each packet.

Ask for FREE SAMPLE at counter.

2/- and 3/9 per box.

Recommended by the Medical Profession

Sold by Health Food & High Class Stores

DIABETIC AND STARCH-REDUCED FOODS—

Continued.

Diabetic Sugarless Marmalade. This preserve, although specially prepared, is quite equal in flavour to ordinary marmalade ..... per pot, 2/-

Heudebert Essential Bread.
Very strict diet (6.24% Carbohydrates) .. per carton, 2/10

Heudebert Gluten Biscottes.
Mild Diet (62% Carbohydrates) ..... per packet, 2/-

THE DIABETIC FOOD COMPANY'S "AZO" STARCH-REDUCED & STARCH-FREE FLOURS.

The undernoted grades of Diabetic Flours are the result of years of careful research, trial and observation. These flours are manufactured under the personal supervision of an expert Cereal Chemist, himself a diabetic, and from them most palatable and economical breads, etc., are easily made at home.

Grade I.—White ..... per 2-lb. bag, 1/7½

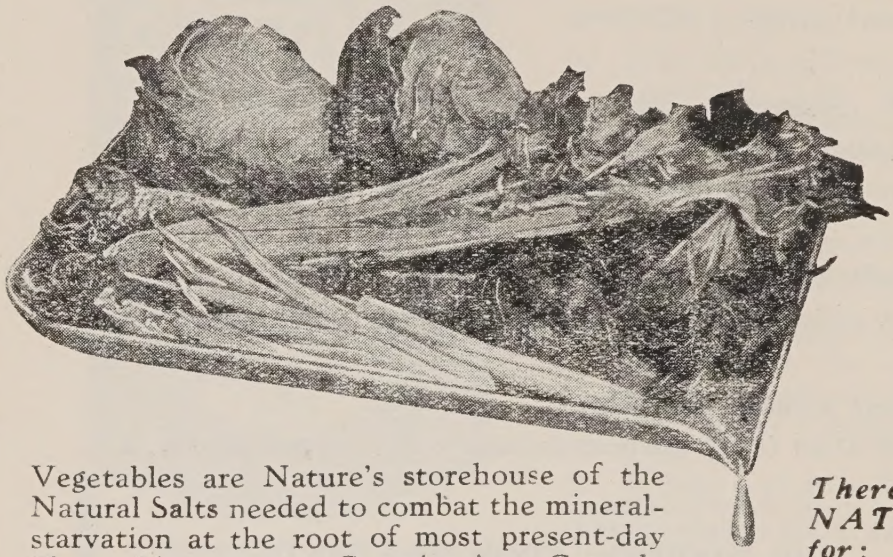
Grade II.—Brown (laxative) ..... per 2-lb. bag, 1/7½

Grade III.—White (very low starch content) per 2-lb. bag, 2/9

Starch-Free White Diabetic Flour .... per 1-lb. bag, 2/6

"Azo" Health Tablets for all digestive and nervous disorders Per box, 1/3

NATURE'S MARVELLOUS STOREHOUSES OF HEALTH

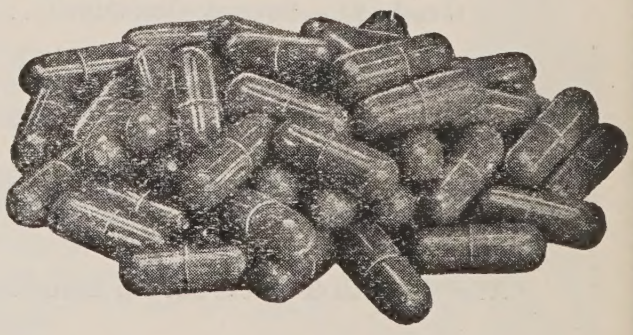


Vegetables are Nature's storehouse of the Natural Salts needed to combat the mineral-starvation at the root of most present-day ills. Rheumatism, Constipation, Catarrh, Over-weight, Nerves, Dyspepsia, are all evidence of serious mineral depletion. Raw vegetables, rich in minerals, carefully blended, highly concentrated, and then reduced to a fine powder, form the sole contents of Natex Foods. There is a Natex Food prepared for most types of mineral-deficiency. The foods help by supplying the mineral-starved organs with just those natural salts needed to restore Healthy Function. Not by "acting" upon the system and goading it into action, but by feeding the depleted cells with the right elements, thus rebuilding them, restoring their tone and enabling the organs to function normally and naturally.

There are NATEX FOODS for:

THE LIVER.
THE BLOOD.
THE BOWELS.
THE GLANDS.
THE STOMACH.
THE NERVES.
MUSCLES & JOINTS.
PROMOTING ALKALINITY.
REDUCING.
Etc., Etc.

GUARANTEED ENTIRELY FREE FROM ALL DRUGS, CHEMICALS, HERBAL EXTRACTIVES, AND GLAND EXTRACTS.



NATEX FOODS

Ask for particulars at the Counter or write to:

ORZONE (Ireland) LTD., 10/12 North St., Belfast.

NATEX FOODS.

Small carton 2/-
(3½ times size) large carton 5/6
(double the 5/6 size) carton 9/6

In Capsule Form.

NATEX FOOD No. 1
is recommended for balancing dietetic deficiencies indicated through improper functioning of the liver and kidneys.

NATEX FOOD No. 1b
is recommended as a substitute for No. 1 when the use of garlic is objectionable.

NATEX FOOD No. 2
is recommended for skin troubles, including acne, boils, carbuncles, eruptions and pimples.

NATEX FOOD No. 4
an excellent tonic food for adults and children. Highly recommended where anæmic conditions exist.

NATEX FOOD No. 5
reduces weight and induces slenderness.

NATEX FOOD No. 7
is recommended for rheumatism and allied ailments.

NATEX FOOD No. 9
is recommended for insomnia, neurasthenia, etc., for which it is very successful.

NATEX FOOD No. 10
is recommended for indigestion and complaints arising therefrom.

NATEX FOOD No. 11
is recommended for those conditions arising from a lack of organic iodine, also as a food for the arterial walls. This food is rich in iodine, feeds the thyroid gland, and effects remarkable results in goitre and gland trouble.

NATEX FOOD No. 12a
(Natex Intestinal food) is recommended for all those conditions caused by constipation. It acts not only by softening the contents of the intestine, but by building and strengthening the muscles of the alimentary tract.

NATEX FOOD No. 16
nourishes the lungs and the respiratory tract. It strengthens weak chests, and is of great benefit in all chest troubles, asthmatic conditions, bronchial and cardiac.

NATEX FOOD No. 22
contains in high degree and in proper proportions all of the sixteen salts found in raw foods which are necessary to the proper nourishment of the system.

Remedial Specialities.

Ill-health cannot be removed without fundamental alterations in the daily diet and general mode of living. The following remedies are designed to assist nature in the elimination of pent-up waste poisons, but their good results cannot be permanent unless rational habits of life are adopted. All the herbal compounds are harmless and non-suppressive.

LAXATIVES.

Black Spanish Figs ..... per tin, **2/2**

Seedless Black Spanish Figs ..... per packet, **6d.** and **1/3**

Naturezone. One of the safest, surest, and best of all herbal aperients. Tasteless, and requires no preparation. Not a habit-former ..... per carton, **2/-**

Sample ..... per packet, **2d.**

Innerclean ..... per carton, **2/6**

Orrlax ..... per carton, **1/-**

Flaxolyn. A purely herbal compound.

Per carton of 30 doses, **4/6**

Box's Indigestion Pills. (Gold Medal.) .. **1/-** and **2/6** per box

Fig and Bran. Bran is a wonderful food which has never been fully appreciated. It is very rich in organic salts, and as a remedy for constipation is second to none. This is a combination of three of the most valuable physiological laxatives known to scientists, viz., Wheat, Bran, Figs and the recently discovered Vitamin B, to which Yeast owes its value ..... per packet, **10d.**

Pitman's Washed Bran ..... per packet, **7d.**

Kellogg's Bran ..... per packet, **7½d.**

Fig-Vita Bran ..... per packet, **9d.**

VARIOUS REMEDIES.

Natex. See pages 40/41 for full particulars of these remarkable remedies. Recommended strongly by us.

Composition Powder. This is an excellent herbal remedy for colds, chills, and influenza, especially if taken hot at bedtime. It is also good for wind, pain, or cramp in the stomach or bowels, diarrhœa, rheumatism, and lumbago.
Per oz., **6d.**; 3-oz. tin, **1/6**

Composition Essence. Similar to Composition Powder, but does not require to be infused.
Bottles, **7½d.**, **1/-**, **1/6** and **3/-**

Charcoal Biscuits. No drug has yet been discovered which can either prevent or cure indigestion or gastric trouble. Nature provides her own remedy in charcoal. It absorbs the gases which gather in the stomach, and therefore prevents flatulence and indigestion. In Charcoal Biscuits the charcoal is combined with fine wheatmeal, which stimulates bowel action and thus gets over the difficulty. A few should be eaten after meals.
¼-lb. packets, **6d.**; tins, **2/-**

Charco Bran Biscuits ..... per lb., **2/-**

Bemax. The most concentrated form of "B" Vitamin known. Contains also "A," "D," and "E" Vitamins ..... per tin, **1/6**, **2/6** and **4/6**

Asma-Bron. This herbal balsam contains no poisons or minerals. It is a splendid remedy for Asthma and Bronchitis, and gives immediate relief. It is also an effective remedy for acidity of the stomach ..... per bottle, **1/-**, **2/-** and **3/6**

Suntona (Wholemeal) Slippery Elm Food. For all gastric troubles. Delicious and nourishing.
6d., **1/1** and **2/-**

Olivo-Vita **1/6**

Lacto-Dextrin. A combination of lactose and dextrin in a palatable and agreeable form ..... per tin, **5/9**

Toilet Preparations.

MEDICATED SOAPS.

Orzone Special Skin Soap. This soap contains the soothing and healing properties of Slippery Elm, incorporated by a special process. For all skin troubles it is unequalled ..... per cake, **8d.**

Orzone Castille Soap. Made from finest Olive Oil. Per cake **4d.**

Orzone Eczema Soap. Highly recommended to those troubled with pimples, rash, or eczema .. per cake, **6d.**

Orzone Marshmallow Soap. Soothing and highly recommended for sensitive skins. Excellent for babies ..... per cake, **7d.**

Slippery Elm Shaving Soap. Makes a perfect and luxurious lather. Soothing and healing to tender skins ..... per stick, **10½d.**

Ciola Skin Soap. Ciola Soap has the natural green colour of leaves, and contains salutary plant-balsams and herbal essences which render it the most soothing and exquisite soap in the world. Ciola Soap should always be used for washing the head ..... single cake, **1/-**; 3 cakes, **2/9**

Dr. Thompson's Clear Skin Soap ..... per cake, **9d.**

For a skin that is good to look upon, use

BEAUTIZONE

PREPARATIONS

The finest of aids to an attractive appearance

CREME de BEAUTE

Vanishing Cream, a splendid base for powder.

6d.

1/- and 1/9

SKIN CREAM

Feeds and Whitens the skin

Per Jar

1/9

and 3/-

HAND LOTION

Whitens and gives the hands a smooth texture.

Per Bottle

1/9

LEMON CREAM

Excellent for sunburn, freckles, etc.

1/3

and 2/3

ANTI-WRINKLE CREME

Lifts out wrinkles and ageing lines.

Per Bottle 1/9

YOUNG SKIN CREME

For young people and those with delicate tissues.

1/- and 1/9

Why go about listless and weary?

NATUREZONE

will give you back your health and energy. As the name implies, it is Nature's own way for the relief of constipation, removing from the system all the poisons that are so injurious to the health of the body.

2/- per Carton

A Herbal compound which can be taken with safety by young and old alike.

Obtainable only from:

ORZONE (Ireland) LTD.

10/12 NORTH STREET, BELFAST.

Also BALLYMENA, PORTADOWN, LURGAN and LISBURN

NOT A DRUG **BUT NATURE'S WAY**

ENSURES **FITNESS DAY BY DAY**

INNERCLEAN

Per

2/6

&

4/6

Pkt.

The finest herbal intestinal cleanser in the world. Not a drug, but a kindly ally of Nature. Delightfully pleasant and effective: no bother to prepare, ready instantly straight from the packet. Suitable for young or old. Not habit forming, in fact, the dose can be decreased as internal cleanliness is regained. Often imitated, but never equalled. Be sure and see the original compounder's name on the packet—"Prof. Arnold Ehret"—and refuse all substitutes.

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AND SOLD
BY ALL
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Literature Relating to Food and Health. We are giving special attention to this department, and are always willing to supply customers with any book not in stock. Just let us know your wants—Meatless Cookery Books, Guides to Diet, or Books covering any complaint.

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Complete Control of RUPTURE

NOTE THESE IMPROVEMENTS

The Beasley Appliance contains no metal, wood, springs or ebonite

Incorporates a real and anatomically - correct air pad which can be inflated in a moment to meet immediate needs.

Cannot slip out of place—a great boon to athletes and those who have heavy work to perform.

Cannot be seen under the lightest clothing.

Always hygienic.

Can be worn continuously with perfect comfort.

Light in weight and compact in design.

Trusses Abolished

THE BEASLEY APPLIANCE is a medically-approved treatment for permanent relief from Rupture. It entirely eliminates the nuisance and discomfort of trusses and gives the sufferer the maximum of comfort while it is healing the broken tissues. It is the ONE BRITISH AIR-INFLATED APPLIANCE on the market and combines first-class workmanship with a price hitherto unthought of in rupture appliances. Extensive improvements in methods of manufacture have enabled us to continually reduce the cost, until to-day it is 20/- below the original price.

Free Consultations

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The Beasley Appliance Co.

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FREE TRIAL OFFER

There is no reason why you should deny yourself the benefits of the Beasley Appliance. It has had so many successes that we have no hesitation in guaranteeing to refund every penny of your money, if it fails to bring relief. In other words, you may obtain it on absolutely FREE TRIAL.

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To BEASLEY APPLIANCE CO.,
9 ROSEMARY STREET, BELFAST

Please send, without charge or obligation and under plain cover, information about your Appliance and FREE TRIAL.

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The Concentrated Uncooked Juice of **17½ lbs.**

LIVE GRAPES

for **5/3**

Grape Juice in its fresh, natural state is Nature's greatest and quickest tonic for children, the anæmic and "run-down." And now a wonderful new process has made it possible to concentrate the *fresh* juice of 17½ lbs. of grapes in a single bottle . . . LIVE, natural and uncooked. You only need a tablespoonful to a tumbler. Diluted with water the large bottle makes 50 tonic glassfuls rich in iron and energy. Entirely non-alcoholic.

Large size containing the juice of 17½ lbs. of vineyard grapes for 5/3. Small size containing the juice of 8¼ lbs. of grapes 2/9.

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